

Southwestern Pork Salad

Serves 4



Ingredients:

- nonstick cooking spray
- 1/2 cup onion (chopped)
- 12 ounces pork (drained, about 1/2 of a 24-ounce can)
- 1 tablespoon chili powder
- 2 teaspoons dried oregano (if you like)
- 1/2 teaspoon ground cumin (if you like)
- 1 cup low-sodium canned kidney beans
- 1 cup low-sodium canned tomatoes (drained)
- 2 cups lettuce (chopped)
- 1/2 cup reduced-fat cheddar cheese (shredded)

Directions:

1. In a large skillet coated with nonstick cooking spray, cook the onion and pork until the onion is soft, about 5 minutes.
2. Stir in chili powder, beans, and tomatoes. If using oregano and cumin, add that too. Mix and cook for 1 minute.
3. Arrange lettuce onto a serving plate or in individual bowls. Top lettuce with pork mixture and sprinkle with cheese.

Recipe adapted from USDA Recipes and Tips for Healthy, Thrifty Meals.

Nutrition Facts

Serving Size (279g)		Servings Per Container	
Amount Per Serving			
Calories 290	Calories from Fat 130		
		% Daily Value*	
Total Fat 14g		22%	
Saturated Fat 5g		25%	
Trans Fat 0g			
Cholesterol 75mg		25%	
Sodium 390mg		16%	
Total Carbohydrate 16g		5%	
Dietary Fiber 5g		20%	
Sugars 4g			
Protein 24g			
Vitamin A 50% • Vitamin C 25%			
Calcium 25% • Iron 15%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

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